

ABSTRACT

Title: Benefits of yoga for tennis players

Objectives of work: The aim of my thesis is to determine whether yoga is an appropriate solution to compensate for the unilateral burden in tennis and that through it we can prevent some health problems. Based on the information to draft yoga compensation program, which can be used during training sessions.

Method: This thesis is a theoretical thesis. The information is drawn from literature, internet resources and own experiences. The importance of the work lies in the study of expert sources in the inference of new knowledge, which arise from the study of literature.

Results: Based on the study of literature and Internet sources, I concluded that yoga is an acceptable compensation program for single characteristic tennis. It is advisable to involve as preventive health care for tennis players health and can be integrated into the training session. Professional players use yoga for many years and it greatly affects their performance.

Key words: Yoga, compensation, tennis, unilateral burden, muscle imbalance

